

to Delicious Vinol

La.—“I had a bad stom-  
ach for years and became so  
that I hardly walk or do any  
work. My appetite was poor, my food  
did not digest, I felt bloated and was very  
nervous. I tried many reme-  
dies but to no avail. I then  
tried Vinol. I saw Vinol adver-  
tised in the paper and bought  
it and, now my stomach  
is completely cured and I am  
strong and healthy.”  
—MARSHALL.

“I was guaranteed to tone up the  
stomach and weakened nerves  
and create strength.”  
—J. H. Stewart Drug Co. Palatka.

all hours of the two days exhibit, together with lunches and booths for the sale of red lemonade, pop-corn, peanuts, candy, etc. Tonight the chicken supper will be served at the hall by the ladies, with many toothsome side dishes. Saturday night's supper will be built about a centre of Roast Beef. There will be an agricultural display and a display of fruits under the direction of our leading farmer and grower, Mr. L. L. Turner. The event of Saturday afternoon will be the athletic contests by the pupils of the Crescent and other schools. There will be moving picture plays both nights in the new theater. The promise is for a big time and a fine one.

Cowpeas and beggar weed are the favorites because they can be grown quickly. Velvet beans are fully as good as, if not better than, either, but owing to their rank growth they are apt to smother the trees or interfere with their growth otherwise. Seed should be obtained for the cover crop before planting time.—Agricultural News Service.

When the man—the human engine—has reached his ultimate capacity for carrying the sustained maximum load, it is time to stop, look, listen! It is the time to begin to conserve more cautiously the physical energies. But the trouble with most of us is that we measure our lives by years and not by physical condition, and we don't realize when it is time to slow down. At 45 we who have survived earlier dangers, are more ambitious than ever before. We boast of our ability to accomplish more, but it's the danger time, just the same, and its proved by the very fact that we boast.

It is the time when the strain of emergency, even of ordinary exertion, may break the machine at its weakest part and all is over in a minute with

203 Daily	201 Daily	ORANGE CITY BRANCH	202 Daily	204 Daily	131 Daily	KISSIMMEE VALLEY BRANCH	132 Daily
8:30AM Lv. New Smyrna	8:30AM Lv. Lake Belsa	1:05PM Ar. Orange City J.	7:00PM Ar. Orange City J.	4:00PM Lv. Titusville	8:00PM Lv. Titusville	Ar. Titusville	Ar. Titusville
9:00AM Lv. New Smyrna	9:00AM Lv. Lake Belsa	1:15PM Ar. Orange City J.	7:00PM Ar. Orange City J.	5:30PM Lv. Titusville	8:30PM Lv. Titusville	Ar. Titusville	Ar. Titusville
11:00AM Ar. Orange City J.	11:00AM Ar. Orange City J.	11:55AM Ar. Orange City J.	5:16PM Ar. Orange City J.	5:30PM Lv. Titusville	8:30PM Lv. Titusville	Ar. Titusville	Ar. Titusville
129 Daily	130 Daily	ENTERPRISE BRANCH	130 Daily	131 Daily	132 Daily	KISSIMMEE VALLEY BRANCH	132 Daily
8:45AM Lv. Titusville	8:45AM Lv. Titusville	1:30PM Ar. Enterprise	7:00PM Ar. Enterprise	4:00PM Lv. Titusville	8:00PM Lv. Titusville	Ar. Titusville	Ar. Titusville
9:00AM Lv. Titusville	9:00AM Lv. Titusville	1:42PM Ar. Enterprise	7:00PM Ar. Enterprise	5:30PM Lv. Titusville	8:30PM Lv. Titusville	Ar. Titusville	Ar. Titusville
10:45AM Ar. Enterprise	10:45AM Ar. Enterprise	11:42AM Ar. Enterprise	5:16PM Ar. Enterprise	5:30PM Lv. Titusville	8:30PM Lv. Titusville	Ar. Titusville	Ar. Titusville
11:00AM Ar. Enterprise Junction	11:00AM Ar. Enterprise Junction	11:30AM Ar. Enterprise Junction	5:16PM Ar. Enterprise Junction	10:10PM Ar. Enterprise Junction	10:10PM Ar. Enterprise Junction	Ar. Enterprise Junction	Ar. Enterprise Junction

Connections made at Key West with P. & O. S. S. Co., for Havana.  
Connections made at Miami with P. & O. S. S. Co., for Nassau, Bahamas.  
These timetables show the time at which trains may be expected to arrive and depart from the several stations, but they are not guaranteed nor is this Company to be held responsible for any delay or any consequence arising therefrom. Subject to change without notice.  
For copy of Local Time Card or other information "See the Ticket Agent."

**J. D. RAHNER, General Passenger Agent, St. Augustine, Florida**

DIXIE FLYER No. 94		THE DIXIE LIMITED No. 98		"THE SOUTHLAND" No. 3	
Lv. Jacksonville	8:30pm	Lv. Jacksonville	9:55am	Lv. Jacksonville	8:30pm
Ar. Atlanta	7:40am	Ar. Waycross	11:45am	Ar. Atlanta	9:45am
Ar. Chattanooga	12:20pm	Ar. Macon	12:40pm	Ar. Knoxville	12:40pm
Ar. Nashville	4:45am	Ar. Atlanta	8:30pm	Ar. Louisville	9:45pm
Ar. St. Louis	7:30am	Ar. St. Louis	2:30pm	Ar. Cincinnati	8:50pm
Ar. Chicago	5:40am	Ar. Chicago	5:40am	Ar. St. Paul	7:50pm
SEMINOLE LIMITED—No. 92			ST. LOUIS EXPRESS—No. 57		
Lv. Jacksonville	6:00pm	Steel train, Pull-	Ar. Jacksonville	5:50pm	Through steel
Ar. Albany	2:40am	man cars, Chicago	Ar. Waycross	10:45pm	Pullman to St.
Ar. Columbus	5:55 am	St. Louis. Free	Ar. Montgomery	8:55pm	Louis. First class
Ar. Birmingham	12:25pm	reclining chair	Ar. N. Orleans	8:35pm	train connections
Ar. New Orleans	7:30 am	car, electric fans.	Ar. New Orleans	8:35pm	make St. Louis
Ar. Chicago	8:20am		Ar. St. Louis	7:30pm	for San Francisco

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<b>A. W. FRITOT, Dist. Passenger Agt.</b> 138 W. Bay St., Jacksonville, Fla.	<b>J. G. KIRKLAND, Dist. Passenger Agt.</b> Hillsborough Hotel, Tampa, Fla.
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 FRESH GARDEN SEED. Agents Mullory Steamship Line

an abruptness that shocks our friends who mourn our "untimely" departure—which really wasn't due for years to come. It's the time to be wary of excesses, whether of eating and drinking or of muscular exertion. It's the time to cut down the speed and to take fewer risks. It's the time to consult the expert machinist of the body—the physician.

Not less often than once in every twelve months, have him make a thorough and exhaustive examination to discover the weakness, the worn parts, and to find the individual tendencies toward weakness—for there are almost sure to be some—and then, do what he advises. If it's a weakened heart or impaired digestion—remember, it's his business to find out and advise. Follow his advice if you would fill out your span of life and not fill it in idleness. Let him make an expert inventory and overhauling of your physical bod-

ily possessions. It may be hard to obey his orders, for nothing is more difficult than to grow old, but it is as inevitable as the changing seasons, and since it must be, let it be with all the grace and charm that makes the contented old age the crowning of a useful and successful life.—State Board of Health Bulletin.

## NUMBER 40 FOR THE BLOOD

Number 40 for the Blood is compounded of ingredients set down in the U. S. Dispensatory as follows: "Employed in diseases of the glandular system in syphilis and lead poisoning. One of our best remedies for scaly skin affections, chronic rheumatism, scrofula and glandular enlargements, such as goitre, lupus and tumors." Number 40 for the Blood is sold by J. H. Haughton, Druggist.